

Kennedy Center News

March 2021



Daylight Savings Time begins on Sunday, March 14th at 2:00 a.m. Don't forget to put your clocks forward one hour!



Dear Friends,

Happy Saint Patrick's Day!


I believe last year at this time I wrote about my grandmother. Although I am Irish on both sides, I only knew one of my grandparents, my father's mother. As I mentioned before she was from a little village in County Galway near the Roscommon border called Lissavruggy. I have visited there many times and I feel a close connection to her whenever I am there. She was born in 1891 and she died in 1991 a few months shy of 100 years. I have often thought about all the changes she had seen throughout her lifetime. Growing up in Ireland at that time, the families' means of transportation was a horse. She saw the progression of carriages to cars. At the time of her birth, Ireland was still a colony of Great Britain. She had many stories about the difficulties of those days. Seeing Ireland gain its' independence was a source of great joy for her, no doubt. I have also thought about how she saw the beginning and end of the first World War and the rise and fall of the gangster regimes of World War II. I was always so amazed at her positive outlook on life. I guess during difficult times she believed that we would get through it, and she was right. I know that many of you have also seen so many tough times. Now it seems for us that there are better times ahead.

It seems that mankind is always equal to the challenge ahead of them. Recently I watched a documentary about the second World War, and I was struck by the amount of courage which was exhibited by so many. Perhaps the thing I felt most inspired by was the 1939 speech of a stuttering King George VI who was going to speak to the whole world on Christmas Day. His 12-year-old daughter Elizabeth handed him a piece of paper with these words (anyone who has heard the speech remembers these words even though they forget the rest of the speech) "I said to the man who stood at the Gate of the Year 'Give me a light that I may tread safely into the unknown,' and he replied 'Go out into the darkness and put your hand into the hand of God, that shall be for you better than light, and safer than a known way.'"

Wow, that seems like pretty good advice for us now! Hope to see you again soon, when the Kennedy Center is once again bursting at the seams with happiness.



Thomas J. Clasby, Jr.
Director

 For timely information, topics of interest, announcements and more, be sure to like us on Facebook! Search us under Quincy Council on Aging

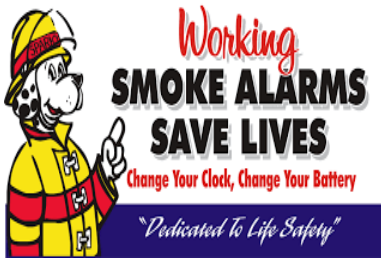


KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506
www.quincyma.gov/government/elderserv
Hours: Monday- Friday 8:30 – 4:30PM



Do you have an inspirational, uplifting, or funny quote that may be helpful for the person reading it? We could all use a little inspiration right now! If you would like to share your favorite quote with other members of the community, please send along to Quincy Council on Aging, 440 East Squantum Street, Quincy MA 02171, or email cscibilio@quincyma.gov, or if it is easier to call, feel free to do so by calling 617-376-1246. If you know the author of the quote, please provide that as well. We will publish as many as we can in our bulletin next month for all to enjoy! We look forward to receiving your favorite quotes!



Change your Clock, Change your Batteries!

The smoke detectors in your home play a crucial role in keeping you safe by alerting you to potential dangers. However, the best smoke detectors are of no use if they do not have working batteries. It is recommended that you test your alarms at least once a month to ensure they are working properly. If your smoke alarms are powered by a 9 volt battery, the battery should be replaced every 6 months while the alarm itself should be replaced every 10 years. If your alarm is hardwired into your home's electrical system, replace the battery backup at least every 6 months. A helpful re-

minder to check your smoke alarms and check the batteries is Daylight Savings Time. Change the batteries when you change your clocks!



The first day of Spring is March 20th! Soon the flowers will be blooming and the birds will be singing! This is a great time to start your spring cleaning and organizing. Start cleaning out your cupboards and spend some time decluttering now so you can enjoy a sense of accomplishment by the time the nice weather arrives!



March QATV Programming Schedule

All programs listed below will be aired on Channel 9

Mondays

12:30 pm - Finding Strength & Balance with Maggie

12:45 pm - Finding Strength & Balance with Maggie

1:00 pm - **Cooking Healthy: Beef Stew & Irish Brown Bread** (March 1st & March 15th)

1:00 pm - **Something Irish with Tom Clasby: Denis O’Gorman** (March 8th)

1:00 pm - **Lucy’s Big Beautiful World of Painting: Deep Sea Bubbles** (March 29th)

Tuesdays

9:00 am - Balance Class for Adults Over 60

10:00 am - Exercise with Karen

11:00 am - **Thomas Crane Library Presents: Falls Prevention and Stress Management for the Aging Adult**

12:30 pm - Eldy’s Yoga

1:30 pm - **Library Concert Series: Golden Lane Trio** (March 2nd and March 16th)

1:30 pm - **A Look Back: Quincy Fire Department** (March 9th, March 23rd and March 30th)

Wednesdays

9:00 am - Tai Chi with Vince Journales

12:30 pm - Finding Strength & Balance with Maggie

12:45 pm - Finding Strength & Balance with Maggie

1:00 pm - Zumba Gold with Mary Ellen Reardon

1:30 pm - **Library Concert Series: Haley Hewitt** (March 3rd and March 17th)

1:30 pm - **Olde Kids on the Block** (March 10th and March 24th)

1:30 pm - **Lucy’s Big Beautiful World of Painting: Dutch Windmill** (March 31st)

Thursdays

9:00 am - Healthy Bones & Balance

10:00 am - Exercise with Karen

12:30 pm - Eldy’s Yoga

1:30 pm - **Thomas Crane Library Presents: Falls Prevention and Stress Management for the Aging Adult**

Fridays

9:00 am - Tai Chi with Vince Journales

12:30 pm - Finding Strength & Balance with Maggie

12:45 pm - Finding Strength & Balance with Maggie

1:00 pm - Zumba Gold with Mary Ellen Reardon

1:30 pm - **Elder Update: Quincy’s Biggest Loser**



Would you like to have our newsletter mailed to your home?

Please detach the form below and mail it along with your \$6 check made payable to:

Quincy Council on Aging

440 East Squantum Street

Quincy, MA 02171. Cost is \$6.00 for one year.

Kennedy Center Newsletter Home Mailing Form

Subscriber Name _____

Address _____

City/Town, State, Zip _____



Scam Alert

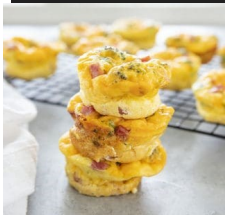
The FBI is warning the public about several emerging health care fraud schemes related to the COVID-19 pandemic.

COVID-19 Testing Schemes

Beware of individuals who contact you in person, by phone, or by email to tell you the government requires you to take a COVID-19 test. These scammers will likely ask for your health insurance information, including your Medicare or Medicaid number, and other personal information. Be cautious of any unsolicited offers that require or request your medical insurance information. Also beware of individuals offering to sell you a COVID-19 test kit or supplies. A physician or other trusted health care provider should assess your condition and approve any request for COVID-19 testing. Some scammers are selling fake at home test kits, some are even going door to door and performing fake tests for money. Legitimate tests are offered free to patients when administered by a health care professional.

COVID-19 Treatment Schemes

Legitimate medical professionals and scientists throughout the U.S. are working hard to find a cure, approved treatment and vaccine for COVID-19. At the same time, scammers are working hard to sell fake cures, treatments and vaccines. Ignore unsolicited offers for these fake procedures. The COVID vaccine is free. Insurance information may be asked for by those administering the vaccine in order to bill back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to your local police department.



Broccoli, Ham & Cheese Egg Muffins

Ingredients

10 Large Eggs
1/3 cup milk
Salt and pepper to taste
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon hot sauce, optional
1 cup chopped broccoli
1 cup shredded cheddar
1 cup diced ham

Instructions

1. Preheat oven to 350 degrees. Spray a 12 cup muffin tin with non-stick cooking spray, set aside.
2. In a large bowl, whisk together the eggs, milk, salt, pepper, garlic powder, onion powder, and hot sauce.
3. Divide the egg mixture evenly into the muffin cups.
4. Top each cup evenly with the chopped broccoli, cheddar, and ham.
5. Bake for 20/25 minutes until set.

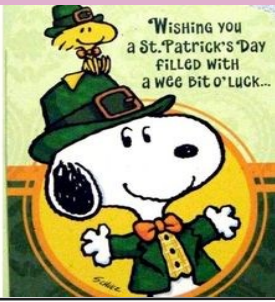
Notes

You can allow these to cool and then store in a zip top bag or container with a lid for 4-5 days. You can also freeze for up to one month.



Quincy Veterans Services

There are federal, state and municipal benefits and services for veterans, their dependents and their survivors. What benefits or services might I, as a veteran, a widow of a veteran or a dependent of a veteran qualify to receive? Is there any financial assistance for which I might be eligible? What are the procedures to apply for these benefits? Where do I go to get the needed, reliable information? **The one stop answer to these questions is your Quincy Veterans Office, 617-376-1192. The office is open for phone calls Monday-Friday 8:30-4:30.**



WORD SEARCH

| | | | | |
|------------|------------|-------------|-----------|-----------------|
| BLARNEY | BLOOMING | CLOVERS | DAFFODILS | DAYLIGHTSAVINGS |
| EMERALD | GREEN | IDESOFMARCH | IRELAND | LAMB |
| LEPRECHAUN | LION | LUCKY | POTOFGOLD | RAINBOW |
| WINDY | WINTERENDS | TULIP | SHAMROCK | SPRING |

H X W B L U R S N Y P M P S Z
 Q C M O M G H C U J D J D V Y
 B A R S B A Z D A S F N N R K
 L H Z A M N N B H P E P I R C
 C S R R M A I T C R J O Q W U
 K L O G L F U A E I B T V G L
 Q C O E L L O T R N J O T W S
 K T R V I I N S P G H F J P W
 U I S P E I V J E V A G Y D E
 C J S R W R A X L D G O Q L R
 S G N I V A S T H G I L Y A D
 G N I M O O L B M B Q D Q R X
 B L A R N E Y N E E R G C E V
 D A F F O D I L S L I O N M G
 V R K U T N H E O I K Q D E T



Transportation

The phone number for all transportation scheduling, questions and concerns is **617-376-1242**.
 Please leave your name and number if there is no answer and somebody will return your call.
 Please do not leave transportation related messages on the **617-376-1506** line.



St. Patrick's Day Word Jumble

ELRUCEAPNH _ _ _ _ _

IRDALNE _ _ _ _ _

TILCCE _ _ _ _ _

RIMEKCLI _ _ _ _ _

AHCOSRKM _ _ _ _ _

ULKCY _ _ _ _ _

HACRM _ _ _ _ _

EFBEENDCRO _ _ _ _ _

UKCL _ _ _ _ _

APADER _ _ _ _ _





Computer Classes on Zoom by Grace Buscher

Wednesday, March 3rd - Ipad/iPod

Thursday, March 4th - Ipad/iPod

Wednesday, March 10th - Scams/Frauds

Thursday, March 11th - Letter Writing

Wednesday, March 17th - Email Handlers

Thursday, March 18th - Zoom

Wednesday, March 24th - Shopping on the Internet

Thursday, March 25th - Food Shopping/Food Deliveries

Wednesday, March 31st - Calendar Programs

Classes begin at 10:00 A.M unless otherwise noted. Please contact Grace at 617-472-3641 or by email at gmbssystems@aol.com to get an invitation to join her for the presentations.



Tai Chi

If anyone is interested in virtual Tai Chi classes please contact **Vince** at 508-238-6040 or email him at emac447@yahoo.com and he will get you set up with the classes.



Virtual Zumba

Virtual Zumba classes are being held on Zoom on Monday and Friday mornings at 10:00 a.m. Anyone interested in joining the class please contact **Maryellen** at mereardon@aol.com and she will help get you registered and set up.



"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" - Mark Twain

We miss you all and are looking forward to brighter, sunnier days ahead!



This is an
Intermediate
Level
Puzzle.

Exercise Your
Brain!



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | 6 | | 3 | | 5 | 4 |
| 5 | 3 | | | 2 | 4 | 1 | | 7 |
| 2 | | | 5 | | | 3 | | 8 |
| 6 | | | | 3 | | 4 | | |
| 3 | | | 4 | 6 | | | 7 | 5 |
| 4 | | | | | 2 | | | 3 |
| | 4 | 1 | 7 | | | | 3 | 2 |
| | 5 | | 2 | | | 7 | 4 | |
| | 2 | | 3 | | 5 | | 1 | |

Sudoku

Use your logic to
find the correct number
for each square.

When finished,
all nine rows across, all
nine columns down and
all nine 3 by 3 boxes must
contain all nine numbers,
1 through 9, with no
repeats.

Level: Intermediate

Good luck!!



1. What is the rarest M&M color?
2. In a website browser address bar, what does “www” stand for?
3. Which two U.S. states don't observe Daylight Savings time?
4. Which of Shakespeare's plays is the longest?
5. Outside which New York building was John Lennon killed?
6. What is the softest mineral in the world?
7. What is the name of the Earth's largest ocean?
8. Which planet is the hottest in the solar system?
9. Which country produces the most coffee in the world?
10. What is the common name for dried plums?



Book Club

Book Club is on Zoom! Come join us for some lively discussion! The book for March will be *The Gown: A Novel of the Royal Wedding* by Jennifer Robinson. The March meeting will be held Thursday, March 4th. The April meeting will be April 1st and the selection is *A Woman of No Importance* by Sonia Purnell. It is a non-fiction book and is the story of an American woman who was a spy during WWII. If interested in zooming to discuss, please contact Mary Jo Baryza at mjbaryza@gmail.com to be sent an invitation to the meeting.



Corned Beef and Swiss Mini Pot Pies

Ingredients

- 8 oz. thinly sliced, cooked corned beef, coarsely chopped
- 1 cup shredded Swiss cheese (4 oz.)
- 1 can (10 3/4 oz.) condensed reduced sodium cream of mushroom soup
- 1 tablespoon Dijon mustard
- 1 teaspoon caraway seed, if desired
- 1 can 16.3 oz. Flaky Layers refrigerated original biscuits

Instructions

1. Heat oven to 375 degrees. Grease or spray 8 regular size muffin cups with cooking spray
2. In large bowl, mix corned beef, cheese, soup, mustard and caraway seed until well combined
3. Separate dough into 8 biscuits. Press each biscuit to form 5 1/2 inch round. Place 1/3 cup meat mixture in center of each round. Gently pull edges up and around filling, and place into muffin cups. Pull edges of dough over filling toward center, pleat and pinch dough gently to hold in place, leaving some of the filling exposed.
4. Bake 20 to 22 minutes or until biscuits are golden brown. Cool 1 minute, remove from pan.



Joanne Hall
Denise Conlon
Ed Burke
Paula Keaney

March 19th
March 23rd
March 24th
March 31st



*****March 2021** Kennedy Center Currently remains closed. No In Person Classes or Activities*****

Trivia Answers

1. Brown
2. World Wide Web
3. Arizona and Hawaii
4. Hamlet
5. The Dakota Building
6. Talc
7. The Pacific Ocean
8. Venus
9. Brazil
10. Prunes

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | 8 | 6 | 9 | 3 | 2 | 5 | 4 |
| 5 | 3 | 9 | 8 | 2 | 4 | 1 | 6 | 7 |
| 2 | 6 | 4 | 5 | 7 | 1 | 3 | 9 | 8 |
| 6 | 8 | 5 | 9 | 3 | 7 | 4 | 2 | 1 |
| 3 | 1 | 2 | 4 | 6 | 8 | 9 | 7 | 5 |
| 4 | 9 | 7 | 1 | 5 | 2 | 6 | 8 | 3 |
| 9 | 4 | 1 | 7 | 8 | 6 | 5 | 3 | 2 |
| 8 | 5 | 3 | 2 | 1 | 9 | 7 | 4 | 6 |
| 7 | 2 | 6 | 3 | 4 | 5 | 8 | 1 | 9 |

Word Scramble Answers

1. Leprechaun
2. Ireland
3. Celtic
4. Limerick
5. Shamrock
6. Lucky
7. March
8. Corned Beef
9. Luck
10. Parade



Bye Bye Winter Blues!

**By Debbie Lyn Toomey, Injury Prevention Coordinator,
Tufts Medical Center**

Although the days are getting longer, feeling cheerful and energetic may be difficult this year because of the COVID pandemic.

Here are four simple activities you can try to avoid getting the winter blues.

1. **Get some fresh air.** There is nothing like fresh air to clear the lungs and wake up the body. Next time you go out for an errand, dedicate a few seconds to take five deep breaths.
2. **Declutter your space.** Start spending some time getting rid of items you no longer need. If you have not used it for a year or two, then you do not need it. Brighten someone's day and donate these items.
3. **Ask about Vitamin D.** If you are not already on this supplement, check with your doctor to see if you need it. Typically, people who live in the Northeastern part of the country do not get enough sun and deficient in this vitamin.
4. **Stay away from negative people.** Do you have someone in your life who is a complainer or a downer? If so, limit your time with that individual. It is a good way to preserve and protect your mental health.

I hope these tips can help you during these cold and uncertain times. What do you do to beat the winter blues? Please send your comments to the Kennedy Center to give others helpful ideas on how they can avoid the winter blues.

Thomas Crane Library Live Online: Notable Quincy Women NOT Named Abigail

Monday, March 22nd 7:00 PM - 8:30 PM



Abigail Adams encouraged her husband to "Remember the Ladies". Help us celebrate Women's History Month with the Quincy Historical Society by learning about some of the notable women from Quincy NOT named Abigail. Join us on Zoom (meeting ID 853 5428 1108). You can call 646-558-8656 and use the same meeting ID to listen to the audio. You may also view our program live on our YouTube channel and on our Facebook page. Contact **Thomas Crane Public**

Library at 61-376-1300x3 with questions.

Outreach

In addition to our friendly visits and referral service, Marge Donaher and Paula Keaney are available to help you complete applications for various services. Applications can be confusing and overwhelming at times, Marge and Paula can assist with the process. If your Driver's license is up for renewal with the Registry of Motor Vehicles, they can assist with the process online, or fill out and print the forms before you visit the registry to save you time. They can also help navigate and find information needed on the Alzheimer's Website. Marge is at the Kennedy Center Mondays from 10-3, Wednesdays from 10-4:30 and Thursdays from 10-3. Paula is here Monday through Friday from 8:30-4:30. **If you wish to call, Marge can be reached at 617-376-1243 and Paula can be reached at 617-376-1241.**

Friendly Chat



Looking to chat with volunteers from your community? All are welcome and encouraged to sign up. With all activities and social gatherings limited and cold, winter months upon us, we all need each other's friendship more than ever! A phone call can make someone's day! If you would like to receive phone calls from one of our volunteers, please call and put your name on the list to receive a call. Call the Kennedy Center at 617-376-1506 to register and connect with others in the community!

Kennedy Center Presents Remote Learning & Remote Computer Repair



Since the Pandemic has hit our lives, things seemingly have been brought to a halt. That means you have not been able to come to computer class or get your computer problems resolved. To help you catch up on the things you have missed, the Kennedy Center is working with Grace Buscher (our computer instructor) to virtually communicate over the internet. **Grace has arranged to hold computer classes via Zoom on Wednesday and Thursday mornings. You may use your tablet, phone, or laptop computer to join in the classes. Wednesday morning from 10-11 will be the introduction to computer classes. This will be the basic computer class over the internet. If you wish to attend this class, contact via email Grace (gmbsystems@aol.com).** Grace will send you an invitation to join the class. Once you receive the invitation, you can follow the link and join the class.

Thursday morning from 10-11 will be the advanced computer class. As with the normal advanced class there will be different topics each week. The first lesson will be on Zoom itself, and how to make it work. If you wish to attend this class, contact via email Grace (gmbsystems@aol.com) . Grace will send you an invitation to join the class. Once you receive the invitation, you can follow the link and join the class.

Remote computer repair is for those people which are having computer issues during this time. Grace has set up a system that she will be able to connect to your computer from her house. She can take over your computer and repair from there. You must be able to get on the internet for this to work. **If you need help with your computer you may either call Grace directly at 617-472-3641 or send her an email at gmbsystems@aol.com and she will get back to you.**
